



Shirley's Smart Saver Lunchbox Ideas - Great for Kids!



Smart Saver Tip

Conserve your resources: save and reuse your disposable yogurt, cottage cheese and deli containers. The containers are just the right serving size for kids and they can either toss or recycle the container at school -- no extra dishes for parents to wash!

Cool Pasta Salad

1 can Tuna packed in water (or leftover meat of your choice)
3 cups cooked macaroni (or pasta of your choice)
1 cup cooked veggies (carrots, corn, celery, peas, tomatoes, etc.)
Your favorite vinaigrette dressing

Directions

Mix all ingredients together the night before and pack each serving into small yogurt containers for easy disposal at school.

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Peanut Butter Sandwich on Whole Grain Bread with Crunchy Yogurt Side

Whole grain bread (or pita, tortilla, or bread of your choice)
Peanut butter (smooth or chunky)
Apple slices (or banana, raisins, dried cranberries, granola, etc.)
8 oz. yogurt

Directions

Add the fruit of your choice to a peanut butter smeared sandwich, pita or tortilla. Fill a baggy with the same fruit in addition to crunchy granola -- kids can just dump the baggy in to the yogurt at lunch time for a yummy treat.

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Personal Pizza

English muffin (pitas and tortillas work great too)
Spaghetti or pizza sauce
Fresh vegetables
Leftover meat of your choice
Grated cheese

Directions

Top English muffin with spaghetti sauce (or pizza sauce), cooked veggies and meat. Sprinkle with cheese and lightly broil until cheese is melted. Cool and put into disposable baggy.



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Smart Saver Tip

To keep sandwiches from getting soggy: buy your mayonnaise and mustard in packets (available at Smart & Final) so it's easy to just drop them in a lunchbox and let your kids add the condiments at lunchtime.

Pita Pockets

Whole wheat pita bread
Sliced cheese
Fresh vegetables
Chopped turkey or chicken
Lettuce
Tomato
Mild salsa
Mayonnaise and mustard packets

Directions

Add chopped chicken or turkey, your favorite chopped vegetables and a small amount of salsa. Put into a disposable yogurt container and shake. At lunchtime your kids can dump the yogurt container into the pita pocket for a delicious meal.

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Bagel Sandwiches

Sliced bagel
Individual pack of cream cheese (available at Smart & Final)
Individual pack of jelly (available at Smart & Final)
Salami or pepperoni slices

Directions

Smear sliced bagel with cream cheese and jelly. Top with salami or pepperoni slices for added protein. You can also place all ingredients in a lunchbox with a disposable knife and let the kids create their own at school.

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Lunchbox Extras and Snack Ideas

Fresh seasonal fruit
Popcorn
Smashed avocado and mild salsa smeared on a tortilla
Small bag of chips or a cookie
Cut vegetables with peanut butter for dipping
Cheese and whole wheat crackers with turkey or ham slices
Trail mix with peanuts and raisins and a few M&Ms